

## A Closer Look at GI Medication

### Jared's Story

*We want to thank Jared's mother, Linda, for sharing Jared's story and experiences with us.*

Jared was diagnosed with severe GERD when he was a baby. He cried a lot while on the normal formula, and it would come out of his nose on a regular basis. We switched to Augmentin formula, and that seemed to help with the pain a little bit. For many years, Jared has had an annual upper GI endoscopy. This helped the doctor refine the dosage, and type of medications that seemed to have the best result. Most of the time, the initial look at his stomach was showing no inflammation, but then the biopsies would show some inflammation. At this time, the endoscopy has been eliminated unless symptoms recur.

Since birth Jared has been on various types of medication for GERD. All this time, Jared has always been able to eat by mouth and have normal bowel movements.

The doctor's initially had him on Zantac and Reglan. As he grew, and we changed doctors, Reglan was discontinued since it has some serious long-term side effects, but he remained on GERD medicine. Jared is currently on Nexium once a day and it seems to keep the reflux in check.

We usually knew within days if the medication was working or not. We sometimes give Jared Mylanta if he seems uncomfortable, and although the doctor didn't think that really had much of an effect, it seem to help Jared.

We have had a few bouts of instability throughout the years with inexplicable pain. One such time was when Jared was approximately seven years old. The doctor did some research and decided to try Jared on Carafate, thinking that it might actually be pain from bile vs. acid. It really worked. We used that for about a year and a half, until we slowly discontinued using it altogether and haven't had any painful periods since.

There were some positive effects that come with these medications. Even though Jared's food must be pureed for him to eat, he pretty much can eat anything. We avoid spicy or tomato-based foods as a precaution but he seems healthy and happy. He loves to eat and drink (don't we all!).

We have been lucky that he seemed to respond over the years with minor adjustments. The early years were the hardest with formula.

